

BETTER HEALTH FOR LIFE FROM LEHIGH VALLEY HEALTH NETWORK

# HEALTHStyle

W I N T E R 1 9 9 5



**Good News for  
Couch Potatoes!**

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**Caring for the  
Casualties of  
Everyday Life**

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**The Healing  
Power of Art**

*plus: Eat Smart, HealthWatch & more ...*



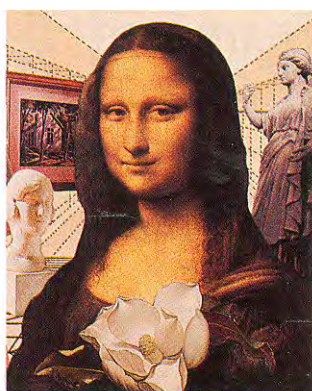
Winter 1995



page 5



page 6



page 9

## FEATURES

### 1 Good News for Couch Potatoes

If you're one of those guys who thinks channel surfing with a remote control is a sport, take heart! A new study has surprisingly good news for you!

### 6 Caring for the Casualties of Everyday Life

Lehigh Valley Hospital's trauma team provides care for catastrophic injuries—our nation's fifth leading cause of death.

### 9 The Healing Power of Art

With the opening of its new Berman Sculpture Park, Lehigh Valley Hospital joins the front rank of hospitals worldwide who are taking part in a burgeoning health care arts movement.

## DEPARTMENTS

### 3 HealthStyle Profile

Meet Dan and Robin Downing

### 4 HealthWatch

Lehigh Valley Hospital—Muhlenberg Hospital Center  
Affiliation: A New Partnership for Regional Health Care Delivery

### 5 Eat Smart

Eating to Your Heart's Content: *The Spaghetti Shop*

### 8 In Touch

Outpatient Pediatrics—Getting a Healthier Start on Life

### 12 On Record

*"Discovering Our Community's Health Care Needs"*  
by Elliot J. Sussman, MD, President and Chief  
Executive Officer, Lehigh Valley Hospital

### 13 Network News

News from around Lehigh Valley Health Network

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# Good News for Couch Potatoes!

BY MAUREEN HAGGERTY

If you're one of those guys who thinks channel surfing with your remote control is a sport, take heart! Researchers have learned you can dramatically improve your cardiovascular health with as little as *two hours* of physical activity each week, according to a recent study published in the *New England Journal of Medicine*.

The new findings were based on 1,453 outwardly healthy middle-aged men who were interviewed in the late 1980s. During the study's five years of follow-up, only 42 of the men suffered heart attacks. Not surprisingly, the men who engaged in the lowest levels of exercise activity had the highest recorded number of heart attacks. For men who engaged in intensive exercise (brisk walking, jogging, cycling, skiing, etc.) for 30 minutes, four times a week, the research showed that their risk of heart attack dropped *60 percent lower* than that of the less active men.

Physicians and exercise specialists have long been aware that exercising vigorously and consistently can condition the heart and lungs, lower blood pressure, reduce stress, raise energy levels, increase strength and endurance and have a positive effect on lowering cholesterol. But what the study revealed is that even two hours of exercise a week can be a great boon to a man's general well-being.



*Researchers have learned you can dramatically improve your cardiovascular health with as little as two hours of physical activity each week.*



Stephen Shore, MD, a staff physician at Lehigh Valley Hospital and an avid weight lifter since his teens, advocates exercise for virtually all his patients. "Exercise enhances your sense of well-being," Shore says. "It brightens your outlook, makes you feel better and improves your health in a variety of ways."

Finding time to exercise is often a problem. But there's no shortage of options for anyone who's serious about shaping up.

Lehigh Valley Hospital's Health Promotion and Disease Prevention Department offers a number of exercise, conditioning and flexibility training programs, including aerobics for adults, teenagers and children. Classes are offered at various times and locations to fit any schedule. Counseling and blood pressure monitoring are required before any participant is admitted to a program, and anyone with a history of cardiovascular or heart disease must also obtain a physician's approval.

D. Lynn Morris, MD, frequently evaluates patients who have decided to or been advised to increase their level of activity. "It's not uncommon for us to see middle-aged people who have been sedentary for a long time and whose family physicians have identified some risk factors for heart disease," says Lehigh Valley Hospital's chief of cardiology. "These folks have been told they should be getting some exercise, but that they should be checked out by a cardiologist before they begin."

"Not everyone who has risk factors has heart disease," Morris continues. "But you shouldn't embark on any exercise program without seeing your doctor—especially if you're a man over the age of 50, a post-menopausal woman, have smoked for some time, or have diabetes, high blood pressure, elevated cholesterol or a strong family history of heart disease."

When it comes to maintaining regularly scheduled exercise, an organized activity seems best. "We've noticed that people who go to exercise or cardiac rehabilitation classes after they've had a heart attack or heart surgery recover and return to their normal activities much faster than people who try to do it on their own," Morris says. "We can all find a lot of reasons not to exercise, but joining a group imposes the discipline, organization, motivation and guidance that can make an important difference in our lives."

Gregory L. Salem, the exercise and fitness coordinator for Lehigh Valley Hospital's Health Promotion and Disease Prevention Department, agrees. "You can work out on your own," he says, "but people who take part in organized activities seem to have more fun and stay with the program longer. Men frequently opt for 'solo' activities—like jogging,

riding an exercise bike or swimming laps—but they often have trouble sticking to exercise regimens."

"Aerobics is one exercise option that's often overlooked, but it shouldn't be," Salem says. "People enjoy exercising with other people. There's music and a motivating atmosphere you can't duplicate at home. What's more, the professional who leads the group can help you make the most of your efforts."

Every exercise enthusiast has a favorite activity, but there's universal agreement on which one is the most beneficial. The best exercise is the one that you'll enjoy and continue.

*For more information about classes and activities offered by Lehigh Valley Hospital's Health Promotion and Disease Prevention Department, call (610) 402-CARE.*

*Maureen Haggerty is a medical writer based in the Philadelphia area.*

## funny bone



"My stuffed animals want me to join their HMO!"



## Dan and Robin Downing:

"We enjoy dancing as a form of exercise, but, most of all, we enjoy exercising together."



Dan and Robin Downing

**M**any of us kick off our shoes at the end of an exhausting day and trade them for a warm, fuzzy pair of slippers. But Robin and Dan Downing have spent many evenings over the last six years kicking up their heels to keep fit. It started when the Bethlehem couple sought a hobby they could share and decided to learn the jitterbug.

Not only has dancing contributed to their cardiovascular health by improving their resting heart rates, lowering blood pressure and helping their cholesterol profiles, it also has enabled them to make friends, spend some of their precious free time together and strengthen their relationship.

"Dancing is not an individual sport. We've had to learn to work as a team, to be partners," Robin, 37, says. "There are ups and downs, but it has been a positive experience."

By working out together, they help motivate each other to stay active. As other busy people like the Downings will attest, it's not easy to juggle work, family and household obligations while putting the effort into maintaining a healthy lifestyle.

"It's hard to face going out to a cold garage to lift weights at nine at night,

but fitness is important," Dan says. "Sometimes, all you can think about is everything else you should be doing . . . but you can't let that get in your way. You end up with more energy in the long run."

"You have to find something you have a passion for and make it a priority," Robin says. "It may sound corny, but like the advertisement says, 'Just do it.' My addiction is in-line skating, and Dan's is powerlifting. Dancing is our mutual passion." They each make sure to get in three to four sessions a week of their separate routines.

Dan, 35, a banking officer at Meridian Bank, enjoys the fact that ballroom dancing complements his powerlifting regime. "Lifting tightens the muscles, and dancing helps with coordination and keeps me limber," he says. The side-to-side movements in many dances help to strengthen weight-bearing

bones and can help to prevent or slow osteoporosis.

An avid reader of many of the fitness magazines, Dan keeps on top of the latest fitness and nutritional information and has applied this know-how to his and Robin's everyday life. Robin says he is very interested in gourmet cooking and likes to experiment with low-fat recipes featuring carbohydrates, like pastas and salads.

Lately, Robin's busy schedule as a merchandiser for clothing designer Carole Little has cut into their dance lesson time, but they attend area charity balls and dance events whenever they can with a couple they met at their first class. Their repertoire includes waltz, swing, Latin dances and country western line dancing. The Downings have found the secret to any good exercise program—they've found a form of exercise they enjoy, so they've been able to stick with it.

## PICK YOUR PASSION

"When you think about the energy levels used to perform certain activities, there are three categories: recreational (fun), general fitness (health) and athletic (sport)," says Gregory L. Salem, the exercise and fitness coordinator for Lehigh Valley Hospital's Health Promotion and Disease Prevention Department. "Often it's a case of mind over matter. Sometimes you may end up having so much fun doing something, like in-line skating, that you don't realize you've burned up a lot of energy. On the other hand, if you don't sustain your activity level or just coast on those skates, you won't achieve optimal results," he says.

Whatever the activity (see examples below), Salem recommends 20-to-45-minute sessions, three to four times each week.

Activity	Average Calories Burned 180-lb. person	Average Calories Burned 130-lb. person
Skiing (Cross-Country)	666 cal/hr	481 cal/hr
Line Dancing	468 cal/hr	338 cal/hr
In-Line Skating	450 cal/hr	335 cal/hr
Golf (walking, no cart)	411 cal/hr	299 cal/hr
Ballroom Dancing	288 cal/hr	208 cal/hr
Walking (2.5 mph)	288 cal/hr	207 cal/hr

Source: IDEA—The Association of Fitness Professionals



## Lehigh Valley Hospital—Muhlenberg Hospital Center Affiliation: A New Partnership for Regional Health Care Delivery

by Sharon P. Bernstein

In recent years, health care leaders have acknowledged that collaboration must replace competition to improve the quality of health care and manage the cost. Lehigh Valley Hospital and Muhlenberg Hospital Center led the way locally when they announced plans to establish an affiliation to facilitate managed care contracting with area health care purchasers. Both hospitals will continue to be governed and operated independently.

tation center and convenient location for Northampton County patients.

Muhlenberg also offers a low-cost option for inpatient stays.

Lehigh Valley Hospital provides obstetric and pediatric services not available at Muhlenberg, and contributes its strengths as a regional referral center for cardiac, trauma, mental health and cancer care.

The affiliation will offer broader coverage, a wider array of services and an

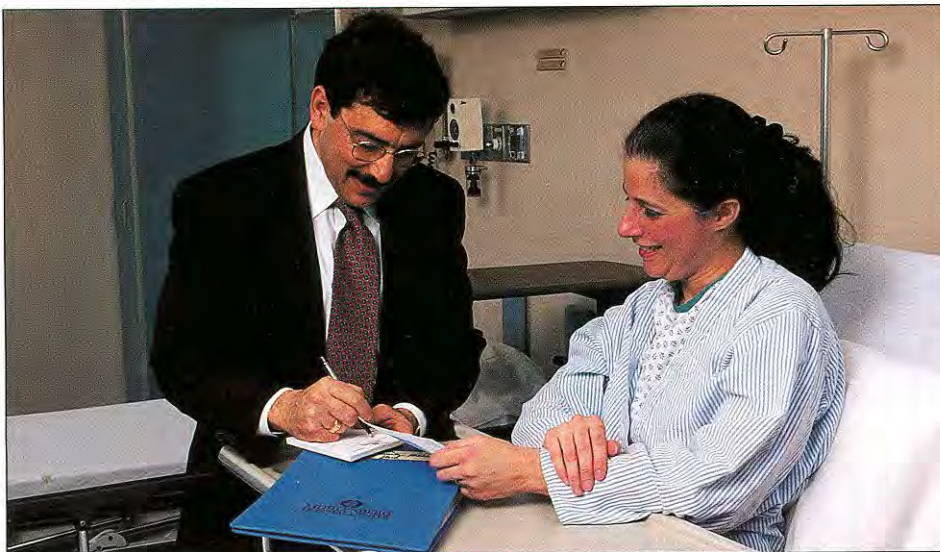
area of expertise. There are new opportunities for educational meetings, as well as less formal consultations about interesting and unusual cases," Jaffe says. "There is also greater potential for more effective joint research studies." Recently, Muhlenberg Hospital Center staff participated in a joint symposium with Lehigh Valley Hospital physicians that explored how to provide high-quality care for patients cost-effectively.

Muhlenberg Hospital Center medical staff president Melvin L. Steinbook, MD, is enthusiastic about the opportunities that will exist with the new affiliation: "I see increased communication and the sharing of physicians' expertise as a major benefit to our patients from Allentown, Bethlehem and Easton."

"We've reached a critical point in the history of health care in the Lehigh Valley," says William R. Mason, Muhlenberg's president. "This affiliation is a solid response to the call for reshaping our health care delivery system, and it enables our institutions to serve the residents of the Lehigh Valley in a new way."

Managed care continues to develop in the Lehigh Valley. Lehigh Valley Health Network's Hansen envisions a network comprised of eight or more hospitals that will serve not only residents of the entire Lehigh Valley, but also those in need of health care in northeastern and central Pennsylvania.

"I think that if we align ourselves with other providers who share the same clinical, economic and quality interests, then we will ultimately have a more effective product to offer to health care purchasers," Hansen says.



Muhlenberg Hospital Center's Kolb Ambulatory Center is an important asset in providing regional health care delivery through its new affiliation with Lehigh Valley Hospital.

The partnership has the potential to bring higher quality health care services to more Lehigh Valley residents and to make it available for the most reasonable cost.

"Both organizations bring unique strengths to the process," says Gregory G. Kile, executive director of the Lehigh Valley Physician Hospital Organization (LVPHO), the group that developed the managed care product *Valley Preferred*. "Together, we can offer a comprehensive range of services locally and be a more effective health care resource than either one of us alone."

Among Muhlenberg's unique resources is its new Kolb Ambulatory Center, rehabili-

expanded field of primary care physicians from which to choose. "We are opening the doors to improve access to health care to benefit the communities we serve," says Lehigh Valley Health Network senior vice president Thomas Hansen.

In addition, the affiliation will foster improved relationships among approximately 1,100 physicians on the active staffs of both institutions. "This networking is the first step in opening communication channels that did not exist before," says John S. Jaffe, MD, chairman of the LVPHO board of directors.

"By joining together, more physicians can provide coverage over an expanded

*Sharon P. Bernstein is a health care writer based in Allentown, Pennsylvania.*



# Eating to Your Heart's Content: The Spaghetti Shop

by Jane Ziegler, MS, RD and Judi Thieme

During the month of February, it seems that romance is in the air, and you can often find “hearts” of all shapes and sizes just about everywhere. Loved ones tend to celebrate Valentine’s Day with a special dinner. Many of us have fond memories of the famous scene in Disney’s *Lady and the Tramp* where the two cartoon canines enjoy a romantic spaghetti dinner. Now add a special twist to your Valentine’s Day celebration—take advantage of the offerings at a new take-out spot in the Lehigh Valley—*The Spaghetti Shop*, 7150 Hamilton Blvd. in Trexlertown.

Whether your plans this February 14th are for dinner for two or for the entire family, you can stop in and pick up a delicious, “heart-healthy” meal. Avoid the stress of coordinating busy schedules and preparing a big romantic dinner. You can choose from a variety of low-fat entrees—everything from salads to pasta specialties—that are sure to please even the most selective appetite.

*The Spaghetti Shop* offers Italian food as a unique alternative to traditional fast-food, drive-thru fare. Although everything is available for take-out, you can choose to dine in. An added benefit for health-conscious diners is that *The Spaghetti Shop* is a smoke-free restaurant. The normal hours of operation for both the drive-thru and the dining room are Monday through Friday, 11 a.m. to 9 p.m. and Saturday and Sunday, from 11 a.m. to 10 p.m.



Before setting out for *The Spaghetti Shop*, we did a little preplanning—a great habit to put into practice when aiming for “heart healthy” dining. We requested an advance copy of the menu, and the restaurant quickly and graciously complied. When it arrived, we scanned the menu and familiarized ourselves with it. On our upcoming visit, we decided to steer clear

of the higher-fat items, such as the “Bravo Breads” and “Super Sandwiches.” Instead, we looked to the “Pasta Specialties” and “Fabulous Spaghetti.” We also

used the menu to prepare a list of nutritional and practical questions for the restaurant staff for the purposes of this review. Armed with our inquiries and a growing appetite, we soon departed for a lunchtime foray.

*The Spaghetti Shop* scored with us almost immediately. We had a list of questions and menu choices ready as we approached

the drive-thru window. Imagine our surprise when we found that we were able to ask numerous questions, receive answers, order our food, pay for it, receive it and drive away in less than eight minutes! Our server was very polite, patient and eager to assist us with all of our special requests.

Our main course selection was the “Family Feast for Four,” a take-home bucket full of pasta and sauce. We chose spaghetti since it was a good source of complex carbohydrates, and instead of a meat sauce, we ordered marinara sauce with a side of meatballs. Most meat sauces tend to have a higher fat content than stand-alone meatballs. With our order—spaghetti, meatless marinara sauce and meatballs—we were able to decide how much or how little meat we wanted to eat instead of having it mixed all through the pasta.

The marinara sauce was served at the bottom of the bucket—like fruit at the bottom of a yogurt cup. Again, we liked this because we could control portion sizes. This is especially useful for those who need to manage portions and/or sodium intake.

continued on page 10

Heart  
Healthy

Good  
Food

Fast  
Food

Bad  
News

One cup of plain **spaghetti**, cooked *al dente*, has 192 calories, 6.5 grams of protein, 39.1 grams of carbohydrates, .7 grams of fat and 1 milligram of sodium.

One-half cup of **marinara sauce** usually averages 70 calories, 2.5 grams of fat and 300 milligrams of sodium.

One large **cheeseburger** (6 oz.) has 525 calories, 29 grams of protein, 30 grams of carbohydrates, 31 grams of fat and 1200 milligrams of sodium.

One small order of **french fries** (2.5 oz.) averages 220 calories, 3 grams of protein, 26 grams of carbohydrates, 11 grams of fat and 109 milligrams of sodium.



# CARING FOR THE CASUALTY

## Lehigh Valley Hospital's Trauma Team Fifth Leading

BY BRUCE GRANT

Donna Piscitello's Saturday morning plans came to a screeching halt—literally—just before 10:30 a.m. on October 1, 1994, along a twisting, rain-slicked stretch of Route 611 in Raubsville, Pennsylvania.

The victim of a head-on collision, she nearly became one of the 42,000 Americans who die each year in automobile accidents. But thanks to Lehigh Valley Hospital, this Easton resident is starting 1995 as a different kind of statistic—one of the thousands who have made the journey to recovery from trauma and lived to make other plans.

For Donna, that journey began with a University MedEvac helicopter airlift that swiftly covered the 22 miles to Lehigh Valley Hospital's Shock/Trauma Unit—a flight that gave her two life-saving advantages, according to Michael Rhodes, MD, FACS, Lehigh Valley Hospital's chief, division of trauma

"The first was that it allowed her treatment to begin immediately," he says. "About half of all seriously injured people die instantly," Dr. Rhodes explains. "Donna had cleared the first hurdle, but without the special care she received in-flight, she might still have been one of the 30 percent who die within hours. Our MedEvac personnel are specially trained in pre-hospital care to ensure that patients get oxygen to prevent

brain damage, that a broken neck doesn't result in quadriplegia or that a fracture doesn't cause additional bleeding."

"Second and even more important," he says, "her flight brought her within minutes to a Level 1 Trauma Center where the specialized resources to care for her life-threatening injuries were immediately available."



### *WHEN SECONDS AND EXPERIENCE COUNT*

The value of immediate, specialized care was first demonstrated in WWII when doctors noticed that soldiers who bypassed aid stations and were taken straight to surgery had a significantly better chance of surviving severe wounds—and that the faster the treatment, the better the chances. Today's trauma centers apply these war-

zone principles to civilian medicine, with similarly impressive results—cutting the risk of dying from serious injuries by as much as 50 percent.

But this kind of difference doesn't come easily. Only about one in 20 hospitals in the United States are currently accredited as trauma centers, and, in 1980, Lehigh Valley Hospital became the first hospital in

Pennsylvania to join the even smaller number who have earned the highest designation as Level 1 Regional Trauma Centers.

"As a Level 1 Center," Dr.

Rhodes says, "we have to be ready to treat any kind of injury any time of the day or night. That means, first, having experienced trauma surgeons—specialists with advanced training, who, to meet American College of Surgeons standards, must collectively treat 600 to 1,000 trauma cases a year."

"Second, it means having those specialists immediately available—not just on call, but right there in the hospital, 24 hours a day, seven days a week."

"And third, it means backing up our trauma surgeons with a whole team of medical and surgical subspecialists—from neurosurgeons to oral surgeons, cardiologists to ophthalmologists, burn specialists to kidney specialists—as well as specialized support personnel."



# ILITIES OF EVERYDAY LIFE

## Provides Care to Victims of Our Nation's Cause of Death

"There are no individual stars in trauma care," says Lehigh Valley Hospital trauma surgeon, Tamar Earnest, MD. "We're all part of the team—doctors, nurses, chaplains, anesthesiologists, respiratory therapists, X-ray and lab technicians, paging operators, even housekeepers. In the first hour alone, as many as 200 people can be involved in a trauma patient's care."

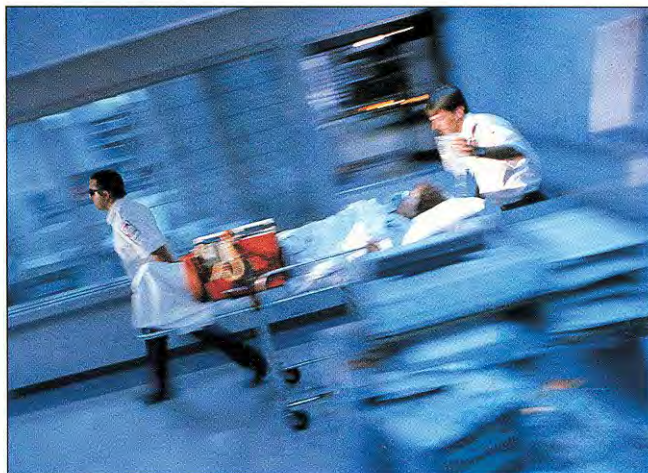
Alerted via radio and briefed by the University MedEvac crew, the hospital's trauma team swung into a carefully choreographed blur of activity upon Donna's arrival in the Shock/Trauma Unit. Although she was awake and could respond to questions—welcome evidence that she had not suffered a serious head injury—assurance suddenly turned to anxiety as she began to lose consciousness and had to be rushed into a waiting operating room.

Surgery revealed catastrophic bleeding—not only from massive liver injuries but from a gash in the main vessel carrying blood to her heart. By the time cardiothoracic and abdominal surgeons had brought these injuries under control, blood-bank technicians had replaced her body's entire supply of blood five times over. Packing her abdomen to prevent further bleeding, the team decided to let her broken collarbone, ribs, kneecap, leg and ankle wait.

### *JOURNEY TO RECOVERY*

"As professionals, we're prepared for trauma," says Marilyn Guidi, RN, BSN, head nurse at Lehigh Valley Hospital's Shock/Trauma Unit. "But patients—and their families—never are."

Donna's family's first glimpse of her—strapped into a special rotating bed . . . chemically paralyzed to minimize further



injury . . . surrounded by a bank of monitors measuring blood chemistry, vital signs and more . . . and covered with tubes supplying her body with oxygen, nutrients, antibiotics, painkillers and sedatives—brought conflicting emotions.

"It was eerie," her sister, Bonnie Perrucci, recalls. "She still had eye makeup on and almost looked like she was sleeping."

"Her surgeon, Kamalesh Shah, MD, went out of his way to answer all of our questions

as completely and sensitively as he could," the 40-year-old Phillipsburg native says, "but he was also frank. It would be a miracle, he said, if she lived through the night. We were all numb. But somehow she made it to the next day and then the next."

Though Donna's journey had begun, her immediate path ran steeply uphill. "The biggest challenge," says Dr. Earnest, "was to keep her remaining liver functioning." Ultimately, this would require six more trips to the operating room, plus 11 bedside operations—as well as intravenous feeding to avoid stressing the liver.

Along the way, trauma team members were busy at work. Orthopedic surgeons repaired her broken bones. Vascular surgeons implanted a tiny filter to catch potentially deadly fragments of a blood clot in her leg before they could damage her heart or lungs. Infectious-disease specialists

stepped in to help treat pneumonia. And when the special removable dressing that allowed her daily operative procedures was finally replaced with permanent sutures, plastic surgeons performed skin grafts to speed healing and minimize scarring.

After two months, Donna Piscitello was finally awake and even walking a few steps. Now she was ready to take a big step—to the Transitional Trauma Unit, where she

continued on page 11



# Outpatient Pediatrics—Getting a Healthier Start on Life

by Kathryn Hobbie

Six-year-old Joey\* was born so prematurely, he wasn't able to breathe without a *tracheostomy*, a surgical opening in the windpipe. He's doing well now but depends on a ventilator at night to regulate his breathing. To keep Joey in good health, he and his family use the outpatient pediatrics services at Lehigh Valley Hospital. There Joey is seen by a pediatric pulmonologist (a physician who specializes in children's breathing disorders) and a pharmacist, nutritionist and respiratory therapist. This multidisciplinary team works with Joey and his family to make sure he gets all the care and support he needs.

Eight-year-old Anna\* suffers from juvenile rheumatoid arthritis. Pain, swelling and fever would slow down her life if it weren't for the medication and physical therapy she receives to help manage her condition. Each month, Anna and her family come to outpatient pediatrics to see a physical therapist and a physician specializing in children's joint disorders.

Two-year-old Elizabeth\* had never had a complete physical until her mother brought her to outpatient pediatrics through a state-run program for low-income families. As part of her exam, Elizabeth received vision, hearing and blood tests, a dental checkup, a tuberculosis screening and the important immunizations she needed. Her physical exam uncovered a heart murmur. Elizabeth is now under the care of a pediatric heart specialist.

All three of these children—and many more like them—are getting a healthier start on life through the outpatient pediatrics program. The program cares for close to 4,000 children annually, accounting for 14,000 visits. It provides primary (general) care to thousands whose families

do not have the means to pay for health care; and it also provides the services of pediatricians specializing in:

- ♥ Pulmonology (breathing problems)
- ♥ Rheumatology (joint problems)
- ♥ Neurology (headaches or seizures, for example)
- ♥ Endocrinology (diabetes, for example)
- ♥ Allergy
- ♥ Cardiology (heart problems)
- ♥ Behavioral pediatrics
- ♥ Genetics (hereditary conditions)
- ♥ Surgery
- ♥ Ear/Nose/Throat

"Having this range of specialists available here in the Lehigh Valley saves many children and their families having to travel

are identifying gaps in medical care for children in the community, and addressing those gaps," says John VanBrakle, MD, chairman of pediatrics at the hospital.

The approach makes financial, as well as medical, sense. Many families without a regular doctor end up coming to hospital emergency rooms for their care.

"In the past year, the number of children's medical visits to the emergency room has dropped by 30 percent," says Dr. Smith. "This is a tremendous cost saving when you think of the expensive nature of emergency treatment. And our program is a much friendlier place for children to come for their care."

One of the reasons for the success of outpatient pediatrics is that it's a

partnership. "We work cooperatively with many others, such as the Visiting Nurses Association, Valley Youth House and Allentown's Central Elementary School," VanBrakle says. A key area of cooperation with the schools is dental care, a particular need for low-income children.

Young students are

screened at school, then brought to the dental clinic at the hospital for any needed care.

The program also works closely with the Allentown Health Bureau. "When we identify children in need, outpatient pediatrics is always willing to take them and give them good care," says Paula Margraf, RN, BSN, clinical services manager at the bureau. "That is so important. Children need primary care to assure that they will grow up healthy, keep up in school and become productive young adults."



to New York or Philadelphia for the care they need," says Charles Smith, MD, Lehigh Valley Hospital's medical director of pediatric ambulatory care. "Our specialists are available to the many low-income children we care for, but they are also available to any child, through referral from their pediatrician or family physician."

Outpatient pediatrics has existed at the hospital for more than 20 years, but in recent years it has expanded. Like other areas of the country, the Lehigh Valley has experienced an increase in the number of families without medical insurance. "We

*Kathryn Hobbie is a health care writer based in Battle Ground, Washington.*

\* All patients' names have been changed to ensure patient confidentiality.



# THE HEALING

Many of us enjoy visiting museums and galleries to experience works of art firsthand, but today art can be found just about anywhere. From murals in our public spaces to entire museum collections on CD-ROM, art has grown more accessible, and although at times the role of art in the health care environment has been ignored, hospitals in the United States and abroad are now affirming the healing “power” of art by taking part in a burgeoning health care arts movement.

There are artist-inspired initiatives such as John Feight’s Foundation for Hospital Art, established in 1984, and physician-inspired ones, such as Duke University’s Cultural Services Program. The Mayo Clinic in Rochester, Minnesota, the University of Washington Medical School in Seattle and Cedars-Sinai in Los Alamitos, California, are all examples of institutions who have joined the movement—all have art on their grounds.

Closer to home, Lehigh Valley Hospital formalized its long-standing interest in art in the health care environment back in 1986 with the establishment of its Arts Advisory Council, founded with the sole purpose of acquiring art for the hospital. Gail Evans, a council member and director of operations for the hospital’s development department says, “Art is a key ingredient in meeting not only the physical needs, but also the emotional needs of patients. It is an important part of the healing process and helps to humanize hospital facilities and grounds.”

Most recently, a new site for contemplation and renewal has been created at Lehigh Valley Hospital: the Berman Sculpture Park. The park has been designed to accommodate a group of 40 outdoor sculptures received as a gift to the hospital

from local philanthropists Philip I. and Muriel Berman. In addition, the Bermans have gifted the hospital with 100 hanging oils, lithographs and tapestries. The couple has been collecting art on a grand scale for years. Mr. Berman is the president of the board at the Philadelphia Museum of Art,

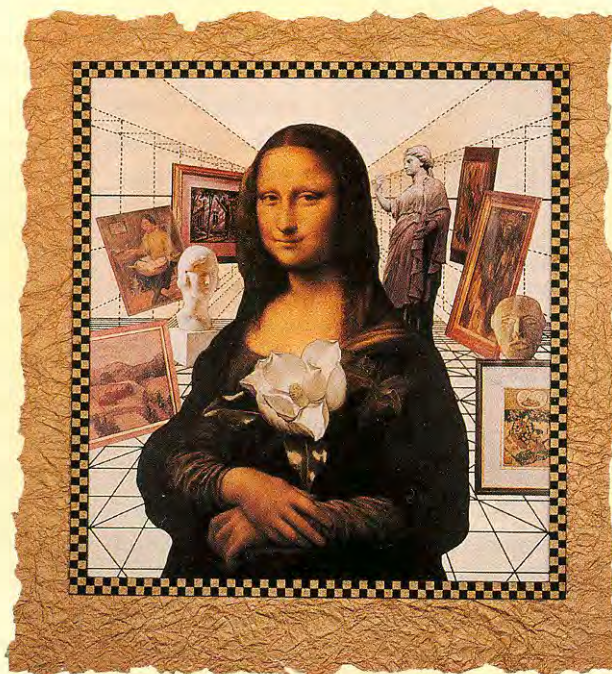
and his wife is the curator of the enormous Berman collection. They love art, and they love giving it away. Commenting on the Lehigh Valley Hospital donation, Mrs. Berman said, “The art form is there, to express a reflection of people’s thoughts as they look at it. We want people to have a happy relationship with art.”

This is the idea behind the sculpture garden, or park, where works by several artists, including Glen Zwegardt and Harry Gordon, punctuate a path winding through trees. Some emphasize the vertical; others, with horizontal slabs of polished marble, can actually be used as tables or benches. Set against an arboreal

backdrop, the sculptures enrich the natural surroundings. A group of 14 sculptures were placed last fall, a group of 14 more will be installed this spring and a further group of 12 will complete the project. When it is finished, the park will be one of the largest displays of outdoor art exhibited at any medical complex in the country.

The park is located at the hospital’s Cedar Crest & I-78 site, within a two minute walk from the emergency room. Upon entering the area, one is now greeted by sculptor Dan Kainz’s striking 12-foot-high “Harbinger” in white and dark green marble. Two other large pieces, a Kainz and a Thomas Sternal, stand nearby.

An ad hoc selection committee chose the sculptures from a larger group within the huge Berman collection, with the help of landscape architect Kaye Lynn Johnson, from Planner’s Collaborative, Inc., Boston, who advised on the art and its relationship



# POWER OF ART

*Berman Sculpture Park at  
Lehigh Valley Hospital Enhances  
Quality of Life for Patients  
and Public Alike*

BY CHRISTINE WHITEMORE



to the landscape. Walter Okunski, MD, the hospital's Acting Chair of Surgery, served on the committee with other community members.

"The sculpture park gives families and our staff a place to get away from the aura



The sculptures in Lehigh Valley Hospital's new Berman Sculpture Park are a gift from local philanthropists Muriel and Philip I. Berman.

of the hospital; to sit and reflect" he says. "Relatives, friends of patients and staff members will also enjoy walking here."

The practical benefits of art in a hospital setting are obvious: the hospital seems more welcoming; stress and fear are alleviated and the staff feels more valued. In fact, a recent study of patients in two post-surgical wings, one with a view of a natural landscape and the other with a view of a brick wall, found that those with the nature view recovered faster and with less need for pain-killers than those with the view of the wall.

The appearance of art in the health care environment goes back at least as far as Brunelleschi's design for the Hospital of the Innocents in Florence in the early fifteenth century and Hogarth's 1735 painting of Christ at the Pool of Bethesda, (still at St. Bartholomew's Hospital, London). But, over the centuries, belief in its value has waxed and waned. Now hospitals across the globe are reaffirming its importance.

J.H. Baron and M.F.R. Miles, chairman and director, respectively, of the British

Health Care Arts Centre, write that, "in places where people are vulnerable and staff work under great pressure, the environment needs to be designed for a sense of health, growth and life." Art helps fulfill this need, or as Mr. Berman puts it,

"Art in a medical center gives patients a different perspective on the institution. It has a way of bringing you into life."

The therapeutic value of creating art is well-known—"it allows the person to express their unconscious in a non-threatening

way. They can either talk about it or not talk about it, either way can be healing to them," says Joanne Longenecker, art therapist with Lehigh Valley Hospital's inpatient psychiatric unit. But art has a healing power for the beholder as well, and this is the focus of the growing health care arts movement. Sculptor Dan Kainz, who has several works at the Berman Sculpture Park, says, "Art gives people a chance to think about something else, to ask other questions and to look beyond their immediate health problems."

Thanks to the generosity of the Bermans, Lehigh Valley Hospital is making an important contribution to the health care arts and the Lehigh Valley community with the Berman Sculpture Park. The donation brings art directly to the people, something Mr. Berman has advocated ever since he started encouraging banks to display art more than 40 years ago. "Art has something to say," he comments, "and people are fascinated with the things it denotes. Art helps them to play around with their eyes and mind and heart and thoughts and soul."

*Christine Whittemore is an award-winning poet and contributor to national publications, including Islands, Parabola and Baby Talk.*

## EAT SMART

continued from page 5

Although the dinner came with a whole loaf of garlic bread, we requested and received a substitute—plain Italian bread. It was warm, filling and delicious, and allowed us to stay within our fat budget. Our feast continued with a freshly-made salad. It was rich in fiber and vitamins, and had a nice assortment of greens, carrots, cucumbers and tomatoes. We opted for the fat-free Italian dressing, which was quite tasty and had some zip to it.

The "Feast for Four" satisfied our appetites entirely. Its portions were more than generous (this "feast" easily could have fed six hearty appetites) so it's nice to know that *The Spaghetti Shop* offers diners the option of half orders as well as full orders. This is especially welcome news for those of us who frequently dine alone or are trying to cut down on calories. We recommend a half order of the restaurant's "Vegetable Medley Alfredo." Although alfredo and creamed sauces generally tend to be fat-heavy, on this item the sauce, once again, is not mixed with the pasta so you can easily control the amount consumed. The restaurant's version of this dish is tasty, colorful and rich with fresh broccoli, carrots, zucchini and red and green peppers.

*The Spaghetti Shop* offers a terrific alternative to traditional take-out fare. So say good-bye to cheeseburgers and fries! The restaurant even has a "kid's meal" for children ages 12 and under—the "Pasghetti Lovers" special. So now they'll enjoy a healthy, as well as "happy meal." The restaurant's fare is economical, too. For example, "The Feast for Four" cost only \$11.99! So pick up a "feast" on the way home, spring for flowers and candles and your Valentine's Day dinner is complete! *Buon appetito!*

*Jane Ziegler, MS, RD serves as director, Clinical Nutrition Services, Lehigh Valley Hospital, and Judi Thieme as Nutrition Program Coordinator, Health Promotion and Disease Prevention Department, Lehigh Valley Hospital.*



## CARING FOR...

continued from page 7

would receive the care and training that would pave the way for her discharge from the hospital.

### HELP WITH THE HARD TRIP BACK

"Ironically," says Bonnie Perrucci, "that turned out to be the toughest time—both for Donna and for us—as we all faced the uncertainties of life after the hospital. But once again Lehigh Valley Hospital came through."

"Rehabilitation is often the hardest part of trauma care," says Dr. Rhodes. "Physical therapy can be as grueling as an Olympic workout," he notes, "and a host of other resources may be needed to help people regain independence or adapt to an impairment."

Rehabilitation physicians or *physiatrists*, integral members of Donna's treatment team from the start, now intensified their efforts, supported by discharge planners, occupational therapists, speech

therapists, counselors and other rehabilitative specialists.

At the same time, her family was adapting too. "Patients never really come in by themselves," says Marilyn Guidi. "So we make sure the family is cared for as well as the patient."

The care—and caring—that had started when Donna's family was first met by a specially trained chaplain continued with weekly meetings of the Trauma Family Connection, Lehigh Valley Hospital's unique support group that brings trauma nurses, counselors and social workers together with families for mutual encouragement and communication.

"We were on such a roller coaster," Bonnie Perrucci remembers. "It was reassuring to know that other families were feeling what we were—and that everybody from the hospital was working so hard to keep us informed and to put things in perspective."

Christmas brought two gifts to Donna Piscitello and her family—home and hope.

"She still has work to do," her sister says.

"Two months of immobility takes a toll—she's lost a lot of weight and is still building back her muscle strength—but now we're looking forward to a full recovery."

"Better than full, in fact," Perrucci adds with a twinkle, "because she quit smoking while she was in the hospital."

What would she tell other families?

"First, always buckle up. Donna was only wearing the passive shoulder belt in her car, not the lap belt. The passengers in the other car—who were wearing both lap and shoulder belts—walked away with only minor injuries."

"Second, keep your priorities straight. Life doesn't always turn out the way we plan, and something like this reminds you what really matters. My sister and I weren't always close before, but now I can hardly describe the joy I feel just to hear her voice."

"Her doctor said it would be a miracle if Donna lived. And he was right. It was—thanks to everybody at Lehigh Valley Hospital."

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*Bruce Grant is a Philadelphia-based health care writer.*

# DON'T CALL THEM ACCIDENTS

Each year, twice as many Americans die of injuries than in the entire Vietnam War. At 89,000 fatalities per year—one every four minutes—trauma is our nation's fifth leading cause of death. Experts call it "the principal public-health problem in America today." But they don't call it accidental. Perhaps the saddest reality about accidents is that most of them can be prevented.

That's a hard truth that Susan DeSanto, RN, tries to bring to area school children through Lehigh Valley Hospital's *Think First* safety program, offered in cooperation with the National Think First Prevention Program of the American College of Neurosurgeons.

"We try to convey the primary message of the program: Think about everything you do before you do it," she says. "The goal of the program is to prevent brain and spinal cord injuries, and our focus is safety."

*Think First* is just one of several Lehigh Valley Hospital programs designed to reduce the incidence of accidents in the community

through preventive education. *Tommy Trauma*, sponsored by the American Trauma Society, is another. Offered by the hospital's shock trauma staff to area second graders, it centers on helping children learn to call for help and includes small segments on bike and skateboard safety.

Additional bike safety information is presented regularly to elementary school students by the hospital's operating room nurses. Topics include general bicycle safety, bicycle maintenance, use of helmets and an overview of potential injuries and hospitalization.

*Trauma, Telling It Like It Is* is a prevention program given by the Emergency Department nursing staff for high school students. It reviews the hazards of driving and drinking, Pennsylvania laws regarding driving under the influence and seatbelt use. These nurses have also designed a first aid and safety program for sixth graders.

*For further information or to arrange for any of these programs to be presented to your organization, call (610) 402-CARE.*



*Word of mouth  
is still the best  
way to find a  
physician.*



## Call (610) 402-CARE

When looking for a doctor, you've probably turned to others. Now you can still gain the information you need, plus a whole lot more, by calling Lehigh Valley Hospital's FREE Physician Referral Service at (610) 402-CARE (610-402-2273), Monday through Friday, from 8:30 am to 4:30 pm.

The Physician Referral Service is a community service which was developed to link individuals with private physicians who have staff privileges at Lehigh Valley Hospital and are accepting new patients. When you call the service, qualified representatives are ready to speak with you about your specific referral needs.

Choosing a doctor is more than getting a name and address, and our representatives are on hand to provide you with the individual attention and information you need. In fact, when you're ready to make an appointment, your referral representative can place a conference call to the doctor's office to help with scheduling or, if you wish, you may call the doctor at your convenience. Select your care with care—call Lehigh Valley Hospital's Physician Referral Service.



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